

お薬ショップ

ヘルスケアコラム

検索



体の部位から探す

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動脈硬化を管理する
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血圧 - 血管

動脈硬化を管理する
ライフスタイル
アプローチ：食事
と運動の方法

1月 13, 2026

- By Dr. Ammu Muraleedharan

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老化と肌の問題

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品質を支える製造現場のリアル：安全・高精度の薬づくりを徹底解説

Have You Ever Wondered How Your Daily Lifestyle Habits And Food Choices Affect Your Blood Vessels And Heart? While Many People Have Heard Of The Term Arteriosclerosis, Not Many Understand What It Actually Is Or How It Relates To Lifestyle Habits. However, Knowing This Information Can Have A Major Impact On Your Future Cardiovascular Health.

The Good News Is That You Can Take Some Control Over Your Major Risk Factors With Simple Lifestyle Changes That You Can Easily Implement, Such As An Arteriosclerosis-Friendly Diet And Regular Exercise. In This Blog, We'll First Explain What Arteriosclerosis Is, And Then Explain Practical Lifestyle Strategies To Help Prevent It, Focusing On Diet And Exercise, As Well As Additional Tips For Supporting Heart Health.

Also Worth Reading: [Recommended Drugs For Individual Imports](#)

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What Is Arteriosclerosis?

Arteriosclerosis, Sometimes Called Atherosclerosis, May Sound Complicated At First Glance, But It Actually Refers To A Condition In Which The Arteries Harden And Narrow. The Main Cause Is The Accumulation Of A Substance Called Plaque On The Inside Of The Artery Wall. Plaque Is A Buildup Of Fat, Cholesterol, And Other Substances.

If This Condition Is Left Untreated, Blood Flow Will Gradually Become Poorer, Putting More Strain On The Heart And, Over Time, This May Lead To Various Cardiovascular Diseases.

Although Arteriosclerosis Cannot Always Be Completely Reversed, Maintaining A Healthy Lifestyle Can Slow Or Even Prevent The Progression Of The Condition. Adopting These Measures Early On And Continuing Them Over The Long

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提出する

Term Will Help Maintain The Health Of Your Heart And Blood Vessels.

Key Points Of A Diet That Takes Arteriosclerosis Into Consideration

An Atherosclerosis-Conscious Diet Primarily Focuses On Incorporating Heart- And Vascular-Friendly Foods To Support Cholesterol And Vascular Health. Clinical Studies Have Shown That Reducing Saturated Fat Intake And Increasing Plant-Based Food Intake Are Associated With Improved Vascular Health.

Foods That Are Commonly Included In Diets To Prevent Arteriosclerosis

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- Oily Fish (Salmon, Sardines Etc.): A Source Of Omega-3 Fatty Acids
- Whole Grains And Fiber (About 30-45 Grams Per Day)
- Nuts And Seeds (About 30 Grams Per Day)
- Olive Oil Instead Of Animal Fat

- Fruits And Vegetables (Especially Green Leafy Vegetables And Berries)
- Potassium-Rich Foods (Such As Bananas, Beans, And Spinach)

Foods That Are Often Recommended To Be Avoided

- Processed And Red Meats
- Foods Containing Trans Fats
- Fried Food
- Sugar-Added Soft Drinks
- Refined Carbohydrates
- Excessive Salt Intake (Typically More Than 2 Grams Per Day)

Arteriosclerosis And Exercise

A Common Question Is Whether Exercise Helps Prevent Arteriosclerosis. Research Has Shown That Regular Exercise Is Associated With Improved Blood Flow, Reduced Inflammation, And Improved Vascular Function, Even In People Who

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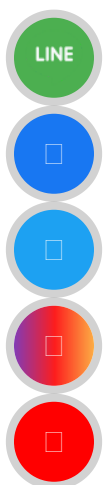


Already Have Cardiovascular Risk Factors.

Guidelines Recommend Approximately 150 Minutes Of Moderate-Intensity Aerobic Exercise Per Week, Which Has Been Linked To Mild Reductions In Blood Pressure And Improvements In Lipid Metabolism. Even Short Bouts Of Activity May Support Vascular Health In People Who Lead Sedentary Lifestyles.

General Exercise Recommendations

- Aerobic Exercise: About 30 Minutes Of Moderate-Intensity Aerobic Exercise Most Days Of The Week Is Often Recommended.
- Trot
- Cycling
- Swimming
- Jogging
- Strength Training/Resistance Exercise: It Is Generally Recommended To Do This About Two Days A Week To Maintain A Balanced Overall Fitness.
- Bodyweight Training
- Exercising With Tubes And Bands



- Light Free Weights

Preventing Arteriosclerosis By Combining Diet And Exercise

It May Seem Surprising, But Even Simple Changes Like Taking A Daily Walk And Replacing Refined Foods With Vegetables And Fruits Can Make A Meaningful Difference To Your Blood Flow, When Done With The Individual Guidance And Monitoring Of A Healthcare Professional.

Research Suggests That Combining Improved Diet With Regular Exercise May Have Greater Benefits Than Either Alone. An Integrated Approach To Diet And Exercise Aimed At Preventing Atherosclerosis Has Been Associated With Improved Cholesterol Control And Blood Pressure, And May Slow Or Partially Prevent Plaque Progression.

Other Points To Keep In Mind In

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Your Daily Life

Having Read This Far, It's Important To Remember That There Are Factors That Contribute To Arteriosclerosis That Cannot Be Addressed By Diet And Exercise Alone. Certain Daily Habits And Behaviors Affect Vascular Health And Should Be Considered As Part Of A More Holistic Lifestyle. These Include:

- Smoking Cessation Has Been Strongly Linked To Arterial Damage And Accelerated Plaque Buildup, So Avoiding Both Active And Passive Smoking Is Key To Protecting Your Cardiovascular Health.
- Alcohol Control: Excessive Alcohol Consumption Can Have Adverse Effects On Vascular Function And Blood Pressure, So Moderate Or Moderate Alcohol Consumption Is Recommended For Long-Term Heart Health.
- Weight Management Maintaining A Healthy Weight Is Crucial For Controlling Cholesterol And Managing High Blood Pressure, Both Of Which Are Major Factors

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Involved In The Development Of Atherosclerosis.

- Managing Stress: Chronic Stress Can Trigger An Inflammatory Response In The Body, Which Can Have A Negative Impact On Vascular Health. Practices Such As Yoga, Mindfulness And Breathing Exercises Can Help You Feel More Relaxed And Calm.

Summary

Managing Atherosclerosis Requires Long-Term, Simple, And Sustainable Lifestyle Changes, Such As A Proper Diet, Regular Exercise, And Good Habits, Rather Than Relying Solely On Drug Therapy. As We Have Repeatedly Mentioned In This Blog, Lifestyle Approaches To Atherosclerosis Play A Crucial Role In Protecting The Heart And Blood Vessels. While Atherosclerosis Itself May Not Always Be Completely Reversible, Incorporating These Lifestyle Changes Into Daily Life May Delay Or Prevent Certain Cardiovascular Risks.

A Balanced, Atherosclerotic Diet Centered On Whole Grain, Nutritious

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Foods May Have Beneficial Effects On Blood Flow And High Blood Pressure. At The Same Time, Regular Atherosclerotic Exercise, Including Aerobic And Strength Training, May Help Improve Vascular And Cardiovascular Function. These, Combined With Other Factors Such As Smoking Cessation, Stress Management, And Weight Control, May Be Proactive Strategies To Support Heart Health And Improve Quality Of Life.

Disclaimer

The Lifestyle Tips Presented Here Are Intended To Complement, Not Replace, A Doctor's Diagnosis, Treatment, Or Advice. Individuals With Arteriosclerosis Or Cardiovascular Risk Should Always Consult A Doctor Or Other Qualified Health Professional To Discuss Optimal Management Options.

References:

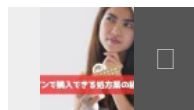
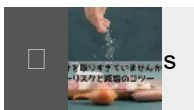
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めまいと高血圧について知っておきたいこと

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